



Dear Capital Region Business/Organization Runner:

Schenectady ARC is pleased to host our 1st Annual ARC 5k Challenge. Our inaugural event will feature a USATF Certified 5K Course and Family Mini Wellness Challenge. The 5K Road Race and Mini Wellness Challenge will take place in Schenectady's Central Park on Thursday, **September 15, 2011**. The 1-mile Wellness walk begins at 5:15 and the 5K begins at 6pm.

I will be running, as will members of Schenectady ARC's running club. Schenectady ARC has embraced running and walking as wellness activities, and we have received several awards for our participation in the CDPHP Corporate Challenge, which is held every May. I would like to offer this friendly challenge to you and your coworkers to join us as we sponsor our first running event. We will have the usual t-shirts for the first 300 registrants plus prizes and gifts to those placing 1st to 3rd in the different age categories.

In addition, though, I would like to propose a slightly different challenge: I would like to informally award the first annual "Schenectady ARC Angel's Wing Award" to the business or organization that fields the best team of runners. We will score this the way cross-country races are scored: we'll add up the place numbers for the top five finishers from your team, and the business or organization with the lowest score will be the winner. For this year, at least, this is just a friendly competition, with just one award, and we will rely on the honor system to make sure there are no ringers on your team! If you want to join us, please send me an e-mail (kirkL@arcschenectady.org) of the runners from your team who will be registering; then, at the conclusion of the race, have your team captain provide me with your top five finishers. We will add up the places and announce the winners. We are using chip scoring, so we should have results available soon after the end of the race.

Registration couldn't be easier. Just go to www.arc5kchallenge.com for more race info, course details, and online entry. I wish you luck in your training and hope to see you all in September. In addition, if you think your organization has what it takes to win, send me your team entry! We are looking forward to a great event!

Best,

A handwritten signature in black ink, appearing to read 'Kirk Lewis'.

Kirk Lewis
Executive Director



Are you up to the Challenge?

Thursday, September 15, 2011 * Central Park, Schenectady, NY



ROSE & KIERNAN, INC.
INSURANCE, SURETY & BENEFIT SERVICES

presents

SchenectadyARC
1ST ANNUAL
CAPABILITIES

5k

SEPTEMBER 15, 2011
CENTRAL PARK

presented by



ROSE & KIERNAN, INC.
INSURANCE, SURETY & BENEFIT SERVICES



USATF Certified 5K Course
USATF Certification Code: NY00936AM

ENTRY FEE:

Early Registered 5K - \$20
(Deadline: August 19, 2011)

After August 19 Registration - \$25
1 Mile Fun Walk - \$5

Packet Pickup
Early pickup: September 14, 2011 -
2:00pm-7:00pm

Schenectady ARC
214 State Street Schenectady, NY
Day of race:
3:00 pm - 5:45 pm -
Pavilion in Central Park Entry Fees

Race Shirts Shirts and sizes only
guaranteed to the first 300 runners

1 Mile Walk 5:15pm * 5K Race 6:00 pm

Sponsors



REGISTER AT
ARC5KCHALLENGE.COM
or at ACTIVE.COM